

GLORY  
to the FATHER  
SON and  
HOLY SPIRIT

Novena to the Blessed Trinity  
to obtain favors  
through the intercession  
of Mother Therese Couderc  
foundress of the Cenacle Congregation.

Through quotations  
Mother Couderc reveals  
something of her own spiritual growth,  
against the background of  
the divine word of Scripture.

Cover design: The sun's glory  
is made a symbol  
of that of the Holy Trinity,  
source of our divine life,  
light and love.

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It is supremely fitting  
that we love those friends and co-heirs  
of Jesus Christ  
(in heaven),  
who are also our brothers  
and extraordinary benefactors,  
that we render due thanks to God for them  
and "suppliantly invoke them  
and have recourse to their prayers,  
their power and help in obtaining  
benefits from God  
through His Son, Jesus Christ,  
who is our Redeemer and Savior."  
For every genuine testimony of love  
shown by us to those in heaven,  
by its very nature tends toward  
and terminates in Christ  
who is the "Crown of All Saints,"  
and through him, in God,  
who is wonderful in his saints  
and is magnified in them.

— *De Ecclesia, Ch. VII*

Years have passed  
since Mother Therese Couderc entered  
triumphantly  
into the light of heaven.  
God has regarded  
the humility of his handmaid  
and henceforth  
all generations shall call her blessed  
because she has believed.  
Blessed, because, having prayed with her  
in union with Mary the Mother of Jesus,  
persons by the thousand are saved,  
sanctified,  
raised even to heroism of virtue and zeal.

— *Pius XII*

So long as we are in this life,  
we have great need  
of the intercession of the saints,  
who have profited so well by the sufferings  
of life  
to come to holiness.

— *Mother Therese Couderc*

# Poverty

All my virtue is only sterile desires; I do no more one day than another. I don't want however to be discouraged, and since God makes me realize so vividly that I can do nothing, I hope and I want to hope that he will do everything.

This poor soul is always hungry for her God, and will always sigh for him until she is entirely united with him. But that can't be on earth. . . .

The more the soul sees her misery and her imperfection, the greater her desire to be able to identify herself, if it were possible, with infinite holiness, the source of all holiness and all perfection.

## Scripture

*How blest are those who know that they are poor;  
the kingdom of heaven is theirs.*

Matt. 5.3

*For you know how generous our Lord Jesus Christ has been: he was rich, yet for your sake he became poor, so that through his poverty you might become rich.*

2 Cor. 8.9

# RESPONSE TO GRACE

The priest said the divine Master was seeking persons devoted to his good pleasure, to the accomplishment of all his designs . . . offered in sacrifice for his glory and the salvation of men. These words were like a sword to me and pierced my heart . . . There was no revolt in me — I adhered to them entirely, but I was trembling, dumbfounded . . .

## Scripture

*For if before men they were punished, God tried them; as gold in the furnace he proved them, and as sacrificial offerings he took them to himself.*

*Wisdom 3.4-6*

*"Here am I." said Mary; "I am the Lord's servant; as you have spoken, so be it."*

*Luke 1.37*

*"If you heed my commands, you will dwell in my love, as I have heeded my Father's commands, and dwell in his love."*

*John 15.10*

# HUMILITY

I, too, when I was put aside, found it very painful. It was only in the long run that I resigned myself to the inevitable. Have courage; some day we shall encounter again all we shall have suffered — and we shall be very glad.

Accustom yourself to going to our Lord. Tell him, to console him, “Give me the grace of loving to be despised, *that I may resemble you a little.*”

You are suffering, I see, but take courage. When our Lord wishes to use someone for his glory, he lets her first pass through the trial of contradiction, of humiliation and suffering. One cannot be a useful instrument without that.

## Scripture

*“In truth, in very truth I tell you, a grain of wheat remains a solitary grain unless it falls into the ground and dies; but if it dies, it bears a rich harvest.”*

*John 12.24*

*“And I shall draw all men to myself, when I am lifted up from the earth.”*

*John 12.32*

# FINDING GOD IN ALL THINGS

I understood then that everything creatures have of good, and all the services and helps which we receive from each of them are a benefit we owe to the goodness of our God, who has communicated to them a part of his infinite goodness, so that we might find it in everything and everywhere . . . I am no longer astonished that the saints were ravished by the sight of this goodness, with which so many are scarcely acquainted.

To live with abandon, and to see the divine action in all the events of life . . .

## Scripture

*The Lord's are the earth and its fullness;  
the world and those who dwell in it.*

Ps. 23.1

*Where can I go from your spirit?  
from your presence where can I flee?  
If I go up to the heavens, you are there;  
if I sink to the nether world, you are present there.  
If I take the wings of the dawn,  
if I settle at the farthest limits of the sea,  
Even there your hand shall guide me,  
and your right hand hold me fast.*

Ps. 138.7-10

# APOSTOLIC SPIRIT

This word (sacrifice) is little understood and above all little appreciated. However, life cannot be without it, and we should love it, since it is by sacrifice that the kingdom of God is established among men. Happy they who understand this, for they will not fail to be generous and eager to make all the sacrifices divine Providence places in their paths . . .

My cry of alarm, "My God, have pity on us," is always present to my thought and even more, engraved on my heart which would want to repeat it unceasingly — night and day, working or at rest — always, in fact. I wish I had the power to make everyone on earth hear my voice, to tell them to repeat it with me . . .

## Scripture

*"I have come to set fire to the earth, and how I wish it were already kindled!"*

Luke 12.49

*I put up with all that comes my way rather than offer any hindrance to the gospel of Christ.*

I Cor. 9.12

*Hence I am well content, for Christ's sake, with weakness, contempt, persecution, hardship, and frustration; for when I am weak, then I am strong.*

II Cor. 12.10

## MOST HOLY TRINITY

we adore you  
we praise you  
we bless you  
for all that you are in yourself  
and for all the graces  
you bestowed  
on the soul of your servant,  
Mother Therese Couderc.  
By the love with which you prepared her,  
grant us the favor we ask,  
and the grace to imitate her

1. Poverty
2. Response to grace
3. Humility
4. Finding God in all things
5. Apostolic spirit
6. Love for others
7. Joy
8. Love of the cross
9. Love for God

Our Father . . .  
Hail Mary . . . .  
Glory be . . . . .

# LOVE OF OTHERS

You would like to know the grace I am asking for? Well, I am begging her (one of the sisters who had just died) to make me more amiable.

Not a day has passed since this last goodbye — which I shall never forget — that I have not spoken of you to the good Master who has united us. You wish to be entirely his, and so do I. Only let us not count upon ourselves, nor any human help, for it could fail us. But he will never fail us if our devotedness is sincere and generous as it should be.

I could say, with you, that my heart doesn't age in this matter of loving others. Even though youth flatters itself that it is more ardent and alive in its feelings, and even though it seems to reproach age with indifference and insensibility, it is mistaken. We know well we have the

same heart we had earlier; it always knows how to love God first and then others in him and for him. Yes, all for this beloved!

## Scripture

*"I give you a new commandment: love one another; as I have loved you, so you are to love one another. If there is this love among you, then all will know that you are my disciples."*

*John 13.34,5*

*Be generous to one another, tender-hearted, forgiving one another as God in Christ forgave you . . . As God's dear children, try to be like him, and live in love as Christ loved you, and gave himself up on your behalf.*

*Eph. 4.32, 5.1,2*

# JOY

How God communicates himself to the person who seeks him sincerely and has known how to surrender herself. Anyone who tries this will see that it is in this one finds the happiness she searches for in vain without it. The surrendered soul has found paradise on earth . . . I experienced a joy and a happiness it is not possible to describe . . .

We should never allow a single thought of sadness to come into our hearts, since we have within us the one who is the joy of angels.

For many years, I couldn't understand how one could know God and not love him. I used to see his infinite goodness everywhere, and I was inundated with consolations. Nothing cost me anything in his service . . . But one day, I said to God, "I shall follow you indeed, without that!" He took me at my word and removed

everything . . . I soon saw that I was heard, and I knew what desolations are.

## Scripture

*Sing joyfully to the Lord, all you lands;  
serve the Lord with gladness;  
come before him with joyful song.*

*Ps. 99.2*

*"For the moment you are sad at heart; but I shall see you again, and then you will be joyful, and no one will rob you of your joy."*

*John 16.22*

*. . . Let the Holy Spirit fill you: speak to one another in psalms, hymns, and songs; sing and make music in your hearts to the Lord.*

*Eph. 5.19*

# LOVE OF THE CROSS

If we had known what we would have to suffer, we would have picked up our shoes, started out — and we'd still be running!

The good Master knows better than we what is suitable and useful for us. Let us adore his designs and submit to them. Great trials fashion great souls, and make them fit for the great things he wills to accomplish through them.

I am very afraid sometimes, nevertheless I hope that God will always help me. I cannot even ask him that I be delivered from these sufferings. I only ask strength to suffer, and love of the cross which makes us suffer.

I thank our Lord for having taken care of me, for having proportioned my sufferings to my courage.

## Scripture

*“This is the cup my Father has given me; shall I not drink it?”*

John 18.11

*The doctrine of the cross is sheer folly to those on their way to ruin, but to us who are on the way to salvation it is the power of God.*

1 Cor. 1.18

**LOVE FOR GOD**

St. Elizabeth of Hungary loved her spouse very much — but I love mine even more!

I take up my letter again today, after my thanksgiving during which I have again — as so many other times — rejoiced and suffered at the same time — rejoiced to be able to unite myself to the object of our love, but also suffered much over this powerlessness in which I am to respond to such love. One would have infinitely to love a God infinitely lovable, for he deserves an infinite love, and our incapacity stops us. The soul feels an extreme need to praise him, to glorify him, to thank him, to love him worthily — and she cannot. This powerlessness is an indefinable pain which reduces her to a kind of agony because she sees that it is sin which has reduced us to this sad condition of not being able to give our God the homage we owe him.

But he has always given me the grace of not being discouraged with myself and of not losing my peace, abandoning myself to him and desiring nothing except to love him and to be more

and more united to him. He gives me this grace while often drawing me to himself in an almost irresistible way, for without any effort on my part I sometimes find myself as recollected in the midst of a loud recreation as in a profound meditation. It seems to me I hear sometimes within myself a voice which repeats unceasingly, "My God, my God," and then I find myself seized with a sentiment of love and reverence which gathers me up entirely in him . . .

## Scripture

*Deep waters cannot quench love,  
nor floods sweep it away.*

*Were one to offer all he owns to purchase love,  
he would be roundly mocked.*

*Song of Songs 8.7*

*"Lord, you know everything; you know I love you."*

*John 21.17*

*God's love has flooded our inmost heart through the Holy Spirit he has given us.*

*Rom. 5.5*

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